



Terra Nova Times

Association of Record
Managers and Administrators
Terra Nova Chapter

Winter 2007
December 2007



Welcome



This is the third of our quarterly e-newsletter for members of the **Terra Nova Chapter of ARMA** in Newfoundland Labrador.

This newsletter will be produced quarterly and distributed to all members free of charge through e-mail and, as well, will be posted on our web site.

The intent is to format the newsletter around the concerns and interests of our



members based on input from them.

We invite your input to our newsletter to address any concerns, interests, and educational needs you have.

Please contact any member of the Executive if you wish to submit an article for future publication.

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International Conference Update

The Baltimore MD Annual Conference and Expo held in October was amazing, fantastic (I think you got the point). For me it was my first international conference experience. There were over 3,000 people in attendance from all over the world. Michael Oxley of (Sarbanes Oxley) and Dr. Alan Weinstein (Ninth Archivist of the

United States) were among some of the speakers who were very captivating .The conference included something for everyone. There were pre-conference sessions which I was very fortunate to have participated in to IT and educational sessions with a variety of informative topics. At this time the RIM Core Competen-

cies were available hot of the press and ARMA International introduced a new award, The Cobalt Award. This is an award to recognize the cultural shift an organization makes when it embraces solid records and information management as a foundation for its success. Next years conference is in Las Vegas.

Advertising & Rates 4

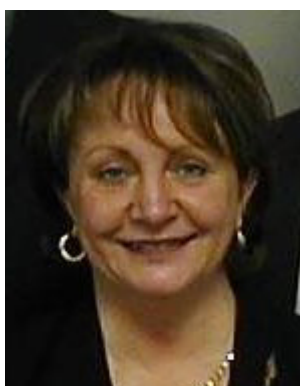
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**Jeanne Power**

In this edition we will profile **Jeanne Power** Director of Records and Information Management with the Newfoundland Labrador Liquor Corporation and **Patsy Tremblett** President of Prima Computer Solutions Inc.

**Patsy Tremblett**

Jeanne has worked with the Newfoundland Labrador Liquor Corporation for 25 years. Prior to that, she worked with Newfoundland & Labrador Computer Services for 9 years. Her first 24 years at NLC were in the Information Technology department, and last year, she was asked

Member Profiles

to take on the role of Director, Records and Information Management and the responsibility for setting up a RIM program for the Corporation. She was recently elected as a Director with the Chapter and looks forward to working with a great executive in the ARMA Terra Nova chapter. In her spare time, Jeanne enjoys curling, and traveling.

Having worked outside the province for several years **Patsy**, a native of Bonavista, returned to work in the information services field. In 1995 she incorporated her

own company, Prima Computer Solutions and has been actively involved in the IT community since that time having served on the executive or several organizations.

Prima Computer Solutions Inc. through Patsy has been a supporter of the Children's Wish Foundation. She has been chair of the Children's Wish golf tournament for the past three years. When opportunities arise she likes to prepare gourmet meals with her chef husband for an evening with friends.

“The most important thing to do when you find yourself in a hole is to stop digging.”

Warren Buffett

Education and Training

The annual presentation of *Scholarships and Awards* took place at the *College of the North Atlantic* on November 22nd, 2007. *The Terra Nova Chap-*

ter sponsored a scholarship, in the amount of \$500, was presented to **Amanda Butler**. Amanda is a student in the 2 year Office Administration-Records

and Information Management Program. **Elizabeth Evans** was proud to present her with the scholarship on behalf of the Chapter.

This Month in History

1994—The head of the U.N. Commission on Rwanda estimated 500,000 deaths had resulted from genocide.

1865—The Thirteenth Amendment to the Constitution was ratified abolishing slavery in the U.S.

1841 Toronto Ontario - Alexander Davidson gets first Canadian copyright for 'The Canadian Spelling Book'; published by Rowell.





Biennial Conference & Tradeshow 2007 Update

Our Conference “*Information At Work*” which was held at the Holiday Inn on October 31 to November 1, 2007 was a huge success.

There were over 80 attendees and several vendors who attended the two day venue.

Some of the topics that were presented included Workplace Safety and Records Management, and Identity Theft.

The vendors displayed their products and services and were available to promote these products throughout day two of the conference.

The conference concluded with a wine and cheese social and some great prize draws.

Conferences like this one take a tremendous amount of preparation. Many thanks to Carman Carroll, Dave Rudofsky and the organizing committee. Without your help, this would not have been possible.

The *Terra Nova Chapter* would like to express their appreciation to the companies who donated items for the conference and tradeshow.

They were:

Newfoundland Labrador Liquor Corporation, Prima Computer Solutions Inc., Iron Mountain, Heart & Stroke Foundation, WESCO, Department of Fisheries & Aquaculture, ARMA

International, College of the North Atlantic, NAPE, Newfoundland and Labrador Hydro, City of St. John’s, Westjet, Shred-it, and Canada/Newfoundland Offshore Petroleum Board.

We have reviewed your comments and suggestions, and we are listening. We will be taking them into consideration for the next conference.

Thanks to all who completed the questionnaires.



Healthy Living Tips

Healthy living involves your **physical health, your emotional health and healthy eating.**

Physical health – being physically active can help lower your risk of serious health problems. Just adding a little movement to your life can reduce stress, enhance self esteem, and reduce the risk of heart disease, stroke

and diabetes. If you haven’t been active it is never to late to start. Make physical activity a routine part of your day. **Emotional health** – it is important to keep a healthy attitude. Some things you can do to maintain your emotional health are things like having coffee with a friend and doing things that make you happy and bring balance to your life. Go for a walk; listen to your body and pay attention to what it is telling

you. **Healthy eating** - eat fewer high fat foods, less red meat, and processed foods. Sneak in more veggies and add them where you can. If you drink alcohol, drink in moderation. The key to what you eat and or drink is moderation. The trick to healthy living is to make small changes. Drastic changes almost always lead to failure. So why not figure out what you can do to be healthy today.



Upcoming Events

ARMA International Web Seminar. The topic is *Integrating Recordkeeping Requirements in the Digital Conversion Process*. December 11th, 2007. Live tele-conference is at 2:30 PM, registration closes December 02, 2007.

ARMA Canada Regional Conference, *A River of Information—A Sea of Solutions* June 1st to 4th, 2008 and is being held in Fredericton, New Brunswick.

ARMA International 2008 Conference and

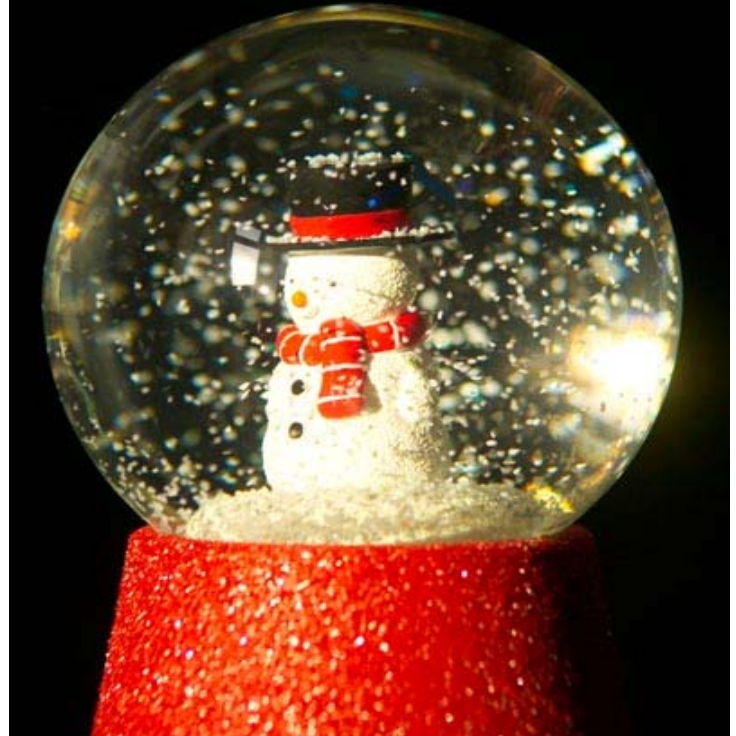
Expo on October 20th to 23rd, 2008 and is being held in Las Vegas, Nevada.



The *Terra Nova Chapter Christmas luncheon* will be held on **December 11th** at **Rumpelstiltskins** located in the **Quality Hotel-Harbourview** at **2 Hill O'Chips** at **12:00**. Hope to see you there.

We are scheduling further "*Lunch and Learn*" sessions in the New Year, so be sure to stay tuned.

Merry Christmas and a Happy New Year to all from the Board of Directors of the Terra Nova Chapter of ARMA



Chapter Newsletter Advertising Rates

Reach the people who manage, and use, records and information management products, and services.

Advertise in the Terra Nova Chapter Newsletter, great rates make it affordable to reach hundreds of people in the records management industry.

Advertising rates are as follows:

Full Page \$75.00 per issue

Half Page \$50.00 per issue

Quarter Page \$40.00 per issue

Business Card \$25.00 per issue

Contact the Editor for further information.

Disclaimer

This newsletter is published on a quarterly basis. The content is offered as a source of information only and does not necessarily reflect the views of the ARMA Terra Nova Board of Directors, ARMA International Inc, or the editor.

Deadline for Submission

All articles and advertisements are to be submitted, in electronic format, by the 15th of the month preceding publication date. Please contact [Elizabeth Evans](#) Editor for further information.